

Culinary Arts Foundations: Week 13

Day 1: Meatball Lab (Threshold)

- **Objective:** Demonstrate ability to make meatballs promote safety and sanitation guidelines
- **No Starter**
- **Assignment:**
 - Lab: Meatballs: Prepare meatballs to be ready to bake.

Day 2: Meatball Lab (Threshold)

- **Objective:** Evaluate the different types of meatballs made; their taste, texture and appearance.
- **No Starter**
- **Assignment:**
 - Meatball Lab Evaluation

Day 3: Review Ch. 23 Poultry and Ch. 24 Meat

- **Objective:** Review information of poultry and meat in preparation for test.
- **Starter #10:** What 6 factors help determine a meats doneness? (Pg. 543)
Collect Starter Paper
- **Assignment:**
 - Folder Check
 - Bingo Review

Day 4: Test: Ch. 23 Poultry and Ch. 24 Meat

- **Objective:** Evaluate knowledge of cooking with meat and poultry.
- **No Starter**
- **Assignment:**
 - Test: Ch.23 and Ch.24

Day 5: Breakfast Cookery Ch. 17

- **Objective:** Identify basic breakfast foods and explain the grading process of eggs.
- **Starter #1:** What type of eggs do commercial kitchen use and what is their weight? Pg. 389
“Culinary Tip”
- **Assignment:**
 - Ch. 17.1 Breakfast Food Basics
 - Plan Poached Egg or several different egg comparison lab.

Swedish Meatballs

Robust, fluffy-textured meatballs served along with noodles and a creamy sauce.

- 1 beaten egg
- 2¼ cups milk or light cream
- ¾ cup soft bread crumbs (1 slice)
- ½ cup finely chopped onion
- ¼ cup snipped parsley
- ¼ teaspoon pepper
- ⅛ teaspoon ground allspice or ground nutmeg
- ½ pound ground beef or ground veal
- ½ pound ground pork or ground lamb
- 1 tablespoon margarine or butter
- 2 tablespoons all-purpose flour
- 2 teaspoons instant beef bouillon granules
- ⅛ teaspoon pepper
- 2 to 3 cups hot cooked noodles

In a mixing bowl combine egg, ¼ cup of the milk, the bread crumbs, onion, parsley, the ¼ teaspoon pepper, and the allspice or nutmeg. Add meat; mix well. Shape into 30 meatballs. In a large skillet cook meatballs in margarine or butter, half at a time, over medium heat about 10 minutes or till no pink remains, turning to brown evenly. Remove meatballs from skillet, reserving 2 tablespoons drippings. Drain the meatballs on paper towels.

Stir flour, bouillon granules, and the ⅛ teaspoon pepper into reserved drippings. Add remaining milk. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Return meatballs to skillet. Heat through. Serve with noodles. Makes 4 to 6 servings.

Microwave directions: In a mixing bowl combine egg, ¼ cup of the milk, the bread crumbs, onion, parsley, the ¼ teaspoon pepper, and the allspice or nutmeg. Add meat; mix well. Shape into 30 meatballs. In a dish or plate micro-cook half of the meatballs, covered with vented plastic wrap, on 100% power (high) for 3½ to 5½ minutes or till no pink remains, rearranging once. Drain meatballs on paper towels. Repeat with remaining meatballs. In a 2-quart casserole cook 2 tablespoons margarine 40 to 50 seconds or till melted. Stir in flour, bouillon granules, and the ⅛ teaspoon pepper. Stir in remaining milk. Cook on high 4 to 6 minutes or till thickened and bubbly, stirring every minute. Add meatballs. Cook on high about 1 minute more or till heated through. Serve with noodles.

POLYNESIAN MEATBALLS

PREP: 45 MINUTES BAKE: 25 MINUTES

Oven 350°

Get a taste of the tropics with these cilantro- and peanut-studded meatballs that are skewered with pineapple and brushed with sweet-and-sour sauce.

- 1 beaten egg
- $\frac{1}{4}$ cup fine dry bread crumbs
- 2 tablespoons snipped fresh ~~cilantro~~ or parsley
- 2 cloves garlic, minced
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon ground red pepper
- 1 pound lean ground beef

1. In a mixing bowl combine egg, bread crumbs, cilantro or parsley, garlic, salt, and red pepper. Add the beef and ~~peanuts~~; mix well. Shape into 36 meatballs. Place in a 15x10x1-inch shallow baking pan. Bake in a 350° oven for 20 minutes or till no longer pink. Remove from oven; drain.

BARBECUE SAUCE

START TO FINISH: 20 MINUTES

Fast

No Fat

Vary the hotness by adjusting the amount of hot pepper sauce that's added.

- 1 cup catsup
- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup finely chopped onion or 1 tablespoon dried minced onion
- $\frac{1}{4}$ cup vinegar
- 1 to 2 tablespoons sugar
- 1 tablespoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon celery seed
- $\frac{1}{4}$ teaspoon salt

Several dashes bottled hot pepper sauce

1. In a saucepan combine catsup, water, onion, vinegar, sugar, Worcestershire sauce, celery seed, salt, and hot pepper sauce. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 15 minutes or to desired consistency. Brush on beef, pork, or poultry during last 10 to 20 minutes of grilling or roasting. If desired, pass any remaining sauce. Makes $1\frac{1}{4}$ cups sauce.

■ **Hot Barbecue Sauce:** Prepare as above, except add 1 teaspoon *chili powder* and $\frac{1}{2}$ teaspoon ground red pepper with the catsup.

■ **Tangy Mustard Barbecue Sauce:** Prepare as above, except omit celery seed. Add 2 tablespoons prepared mustard and $\frac{1}{2}$ teaspoon garlic powder with the catsup.

Nutrition Facts per tablespoon: 13 cal., 0 g total fat, 0 mg chol., 140 mg sodium, 4 g carbs, 0 g fiber, 0 g pro
Daily Values: 1% vit. A, 40% vit. C, 0% calcium, 0% iron

Name _____ Date _____ Period _____

Meatball Lab Evaluation

Directions: As you taste the different meatball recipes please evaluate the following information and answer the question about your lab performance. You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>
Swedish Meatballs			
Polynesian Meatballs			
Porcupine Meatballs			

- 2.) How long can ground beef be stored in the refrigerator and freezer? Why do you think this is less than other meats?
- 3.) What was the most important thing you learned from this lab?
- 4.) Would you have done anything differently for this lab? Why/Why not?
- 5.) How well did your group work together in completing this lab?

Name _____ Date _____ Period _____

Poultry and Meat Test

True/False: Next to each statement place a "T" for true and an "F" for false.

- _____ 1.) Poultry is categorized by its kind or species.
- _____ 2.) The older the poultry the more tender the bird will be.
- _____ 3.) Light poultry meat has less fat and cooks faster.
- _____ 4.) Grading is mandatory by USDA.
- _____ 5.) Female birds are tougher than male birds.
- _____ 6.) Guinea is a category of poultry.
- _____ 7.) Tenderness in poultry and meat is affected by the amount of exercise the animal gets.
- _____ 8.) Marbling in meat affects the meats tenderness, taste and quality.
- _____ 9.) Pork is the meat from hogs that are older than one year.
- _____ 10.) Veal is the meat from calves that are less than nine months old.

Multiple Choice: Choose the letter that best completes the statement and place the letter in the space provided.

- _____ 11.) All of the following are types of poultry, except...
 - A. turkey
 - B. duck
 - C. lamb
 - D. goose
- _____ 12.) Within the categories of poultry there are also different classes based on
 - A. age
 - B. gender
 - C. Both A and B
 - D. None of the Above
- _____ 13.) Tenderness of poultry is affected by all of the following, except...
 - A. age
 - B. amount of exercise
 - C. diet
 - D. gender
- _____ 14.) All of the following are true about dark poultry meat, except...
 - A. parts of the bird with more muscle and connective tissue are darker in color
 - B. dark meat has less fat and cooks faster
 - C. dark meat has more fat and takes longer to cook
 - D. none of the above
- _____ 15.) RTC stands for
 - A. Ready to Calibrate
 - B. Ready to Cook
 - C. Ready to Classify
 - D. Ready to Consume

- _____ 16.) Color of poultry should be
A. light pink B. white
C. pink to red D. cream to yellow
- _____ 17.) All of the following are characteristics of Grade A poultry, except...
A. lean with several bones B. be plump
C. no broken bones D. all feathers plucked
- _____ 18.) Lower grade of poultry are used to make
A. turkey pot pies B. chicken fingers
C. processed foods D. all of the above
- _____ 19.) Fresh poultry needs to be frozen if not used within
A. 4-5 days B. 2-3 days
C. 1-2 days D. 3-4 days
- _____ 20.) Thawing of poultry should be done
A. on kitchen counter B. in sink
C. under refrigeration D. in freezer
- _____ 21.) All of the following are basic nutrients in meat, except...
A. Vitamin A B. protein
C. carbohydrates D. fat
- _____ 22.) Fat cap is left on during cooking to
A. moist B. juicy
C. from drying out D. all of the above
- _____ 23.) Muscle fibers help determine...
A. texture B. flavor
C. Both A and B D. None of the above
- _____ 24.) Learning the bone structure of an animal will help you identify...
A. age of the animal B. quality of the meat
C. if meat was properly sanitized D. different cuts of meat
- _____ 25.) Beef carcasses are split into two sides
A. forefront and hindfront
B. forequarter and hindquarter
C. fore shank and hind shank
D. none of the above
- _____ 26.) All of the following are grades below select, except...
A. Utility B. Choice
C. Cutter D. Canner
- _____ 27.) Choice is the grade preferred by consumers because it is all of the following, except...
A. most expensive B. flavor
C. tenderness D. great value

Matching: Match the term from the left hand column with its correct description from the right hand column. Place the letter in the space provided.

- | | |
|----------------------------|---|
| ___ 28.) Connective Tissue | A.) The fat within the muscle tissue. Affects the meats tenderness, taste and quality. |
| ___ 29.) Market Form | B.) The form poultry is when purchased. |
| ___ 30.) Trussing | C.) A hard, yellow tissue that does not break down during cooking. |
| ___ 31.) Shrinkage | D.) Tying legs and wings against a birds' body to allow for even cooking and to create an attractive final product when served. |
| ___ 32.) Marbling | E.) The process of inserting long, thin strips of fat or vegetables into the center of a lean meat. |
| ___ 33.) Fat Cap | F.) Smaller, menu-sized portions of meat. |
| ___ 34.) Barding | G.) The fat that surrounds an animal's muscle tissue. |
| ___ 35.) Larding | H.) The tissue that holds muscle fiber together. |
| ___ 36.) Collagen | I.) Large, primary pieces of meat separated from the animal; sometimes called wholesale cuts. |
| ___ 37.) Irradiation | J.) Preserving pork with salt, sugar, spices, flavorings, and nitrites. |
| ___ 38.) Elastin | K.) Soft white tissue that breaks down into gelatin and water during slow most cooking process. |
| ___ 39.) Primal Cuts | L.) The percentage of food lost during its storage and preparation. |
| ___ 40.) Fabricated Cuts | M.) The process of wrapping lean meat with fat, such as bacon, before roasting. |
| ___ 41.) Curing | N.) A type of processing that eliminates potentially harmful microorganisms and enhances food safety. |

Short Answer: Fill in the blanks to answer or complete the question.

42-43.) List two quality characteristics of lamb.

44-45.) List two quality characteristics of veal.

47.) How does the color of meat on poultry affect cooking?

48.) What does yield grade mean? _____
49.) What does processing mean? _____

50.) Why isn't pork quality graded? _____

51-55.) What are the five safety measures to practice when working with meat to help prevent cross-contamination?

- _____
- _____
- _____
- _____
- _____

Directions: Using the handout of retail cuts of beef and pork complete the following chart.

Beef

Retail Cut	Tender or Less Tender	Cooking Method
56.) T-Bone Steak		
57.) Round Steak		
58.) Corned Brisket		
59.) Flank Steak		
60.) Ground Beef		

Pork

Retail Cut	Tender or Less Tender	Cooking Method
61.) Blade Steak		
62.) Butterfly Chop		
63.) Tenderloin		
64.) Boneless Smoked Ham		
65.) Spareribs		

Extra credit:

- 1.) What ingredients were mixed up during the meatball lab? _____
- 2.) What was the sauce called that went with the meatballs? _____
- 3.) What two types of meat were used for the kabob lab? _____
- 4.) What is used today to fabricate meat cuts? _____

Breakfast Food Basics
Ch.17.1 (Pg. 387-392)

1.) What are some typical breakfast meats on a foodservice menu? _____

2.) What is the best way to ensure a high quality breakfast protein food? _____

3.) What is a low fat breakfast meat choice? _____

4.) What is the average amount of slices in a 1lb. pkg. of bacon? _____

5.) What does Canadian bacon come from? _____

6.) Why do sausage links keep better than patties? _____

7.) What does the color of an egg indicate? _____

8.) Where are most of the eggs calories and all of its cholesterol found? _____

9.) What are the nutrients found in the eggs white? _____

10-20.) Complete the chart below using fig. 17.2 on page 389.

Grade	Characteristics	Uses
AA	Yolk is _____, centered in the shell, holds its _____, and stands up _____; white is _____ and _____, so its doesn't spread out over a large area when broken in the pan; shell _____, normal _____.	_____ _____ Hard or soft cooked
A	_____ than AA, so it spread lightly when broken in the pan; fairly _____; clear _____.	_____ _____ _____
B	Less firm yolk and white, so the egg _____ hold its shape in the pan and _____; yolk is _____ and flat; shell may be slightly _____ or an _____ shape	_____ Baking

21.) How long will eggs last if stored at 36°F? _____

22.) What happens if eggs are left at room temperature? _____

23.) What are 3 storage tips for eggs?

- _____
- _____
- _____

24.) What are the grades of eggs based on or what qualities do these eggs designate? _____

25.) What are the 6 categories of eggs? _____

26.) How is the size of an egg determined? _____

27.) What are the three forms that eggs are sold in?

28.) When can soy egg substitutes be a poor choice in recipes? _____

29.) What are eggs functions in recipes? (list 6)

30.) What happens to the yolk as it gets older? _____

31.) What has been done to frozen eggs? _____

32.) What are frozen eggs used for in commercial kitchens? _____

33.) What is removed from dried eggs? _____

34.) List 3 safety guidelines to avoid salmonella poisoning.

- _____
- _____
- _____

35.) What happens to breads after they are baked? What should you consider because of this?

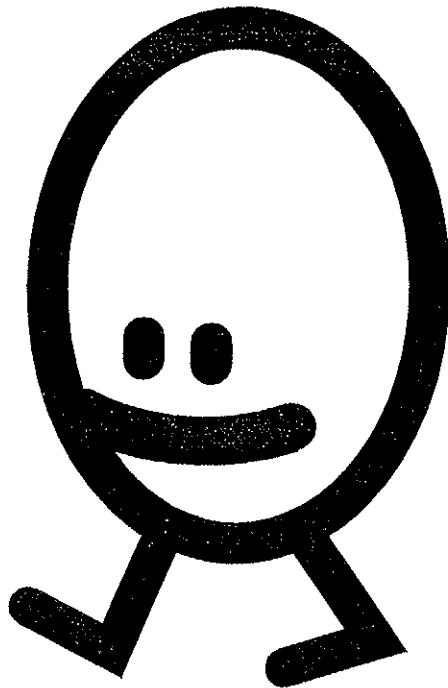
36.) List breakfast bread items that are prepared to order? _____

37.) What are 2 categories of hot cereals? Explain.

- _____
- _____

Poached Egg

Lab 101



Perfect Poached Eggs

What's the best way to poach an egg? They have a reputation for being more difficult than they really are, what with being surrounded by the twin mystiques of brunch and Hollandaise. In fact, poached eggs are the easiest to make -- provided you ignore classical techniques that use too much water kept at too high a temperature.

If you've tried to poach eggs in a vat of simmering water, you've seen the whites turn into balls of string and the yolks left to cook nearly alone. The eggs may have sunk or turned gray. It may disappoint you to learn that if you've poached eggs in little cups in simmering water in a pan on top of the stove, you actually haven't poached them all, but steamed them.

It doesn't have to be like this if you try the following easy poaching method. The method uses much less water than the big-pot procedure, and the water is kept at a temperature below a simmer. I promise you, it is foolproof and makes poaching eggs a joy.

First: Lose the big pot of water. Instead, retrieve a medium-sized skillet (10-inch diameter) that has a lid. If your skillet doesn't have a matching lid, try on some of your other lids -- one of them is bound to do the job. If not, you can cover the skillet with a baking sheet or large dinner plate. All right, go to the sink and fill the skillet with about 3 inches of water -- that's all. Put the skillet on high heat. Cover it to speed up the heating time. Meanwhile, for 4 eggs, crack one each into four small cups or bowls. You can use coffee cups, little Asian tea cups, custard cups or the little poaching cups that from the poaching set you will no longer be using.

Second: Put all cups of eggs on a plate, and have them convenient to the stove. When the water in the skillet boils, remove the cover. Add one tablespoon of plain vinegar to the water, and some salt. Vinegar helps the egg to hold its

shape. Without it, the eggs will become skeins of protein tangling up in the water. When the salt goes in, it will actually raise the temperature of the water. Watch the bubbles. I happen to like the vinegar taste on the finished egg. If you don't, put the finished poached eggs in a bowl of water. This stops the cooking and washes away the vinegar. If you like the vinegar, try a splash of herbal, apple cider, or sherry vinegar.

Third: Lower the lip of each egg-cup 1/2-inch below the surface of the water. Let the eggs flow out. Immediately return the lid to the pan and turn off the heat. Set a timer for exactly three minutes for medium-firm yolks. Adjust the time up or down for runnier or firmer yolks. While the eggs cook, you have the time to make four pieces of toast, set the table, wash the empty cups, and put the buttered toast on plates. When the timer goes off, remove the cover. Ah! Lift each perfectly poached egg from the water with a slotted spoon, but hold it over the skillet briefly to let any water clinging to the egg drain off. Gently lay an egg on each piece of toast. And there you have it. Perfect poached eggs actually cooked in residual heat and not in the literal sense of the term, poached at all.

Poaching Eggs in Advance

The question always arises that if poached eggs are such great brunch food, how can they be served to a gathering at home? It's very easy, but requires about ten minutes of planning. Decide how many eggs you'll need. Each person should get two. For a party of six, 12 eggs may be poached, as above, in two skillets, with 6 in each -- all cooking at the same time. As they become done, put them in a big bowl of cold water. Refrigerate them, uncovered, up to three days. When the party is ready to eat, heat a Dutch oven full of water until it boils. Drop the eggs in -- again using the slotted spoon -- and simmer them about 30 seconds, just to warm through.